



Catch breaking news at Eifel News Now each weeknight at 6:55 p.m. and 10:24 p.m.

News Briefs

Command chief moves on

The 52nd Fighter Wing announces that Command Chief Master Sgt. Kenneth J. McQuiston was selected to become the 18th Air Force command chief. He departs for Scott Air Force Base, Ill., in early January 2004.

52nd MSS spouses

The 52nd Mission Support Squadron Spouses Group meets Tuesday at 6:30 p.m. in Speicher Government-Leased Housing Unit No. 122. Events include BUNCO and a \$10 gift exchange. E-mail reservations by Saturday to janetandboys@yahoo.com.

Passport information

Due to peak season and system changes passport processing now takes from 6-8 weeks. A passport application cannot be expedited without expired time in service, permanent-change-of-station or temporary duty orders. Leave travel is not a reason to expedite a passport application. For more information call the passport office at 452-6813.

Welcome home party

A wing welcome home party takes place today at 5 p.m. in Club Eifel. Hors d'Oeuvres and drinks available. All wing members are invited. Come welcome home the troops.

Driving safety

The Course II Local Conditions safety briefing takes place each Monday at 8:30 a.m. in Spangdahlem AB building 316 and each Wednesday at 8 a.m. in building 217. The briefing is mandatory for airmen ages 26 and younger after being on station for six months, in accordance with U.S. Air Forces in Europe Supplement 91-202. Call the 52nd Fighter Wing Safety Office at 452-7233 for more information.

Postal alternative

A satellite post office is open today through Dec. 19 in Spangdahlem AB Military Housing Unit 420, C-1. Hours are Monday-Friday from 11 a.m. to 4 p.m. Services include stamp sales and letter and parcel mailing by cash or checks only. The mailing deadline for Christmas delivery of priority and first-class letters or cards is Thursday.

Tax assistance program

The 52nd Fighter Wing Tax Center will soon open to help troops file their income tax returns through the Volunteer Income Tax Assistance program. The center provides free tax assistance to the Eifel community. For volunteer information call David Britt at 452-6572.

Happy returns

81st Fighter Squadron and 52nd Aircraft Maintenance Squadron airmen are back safe and sound.

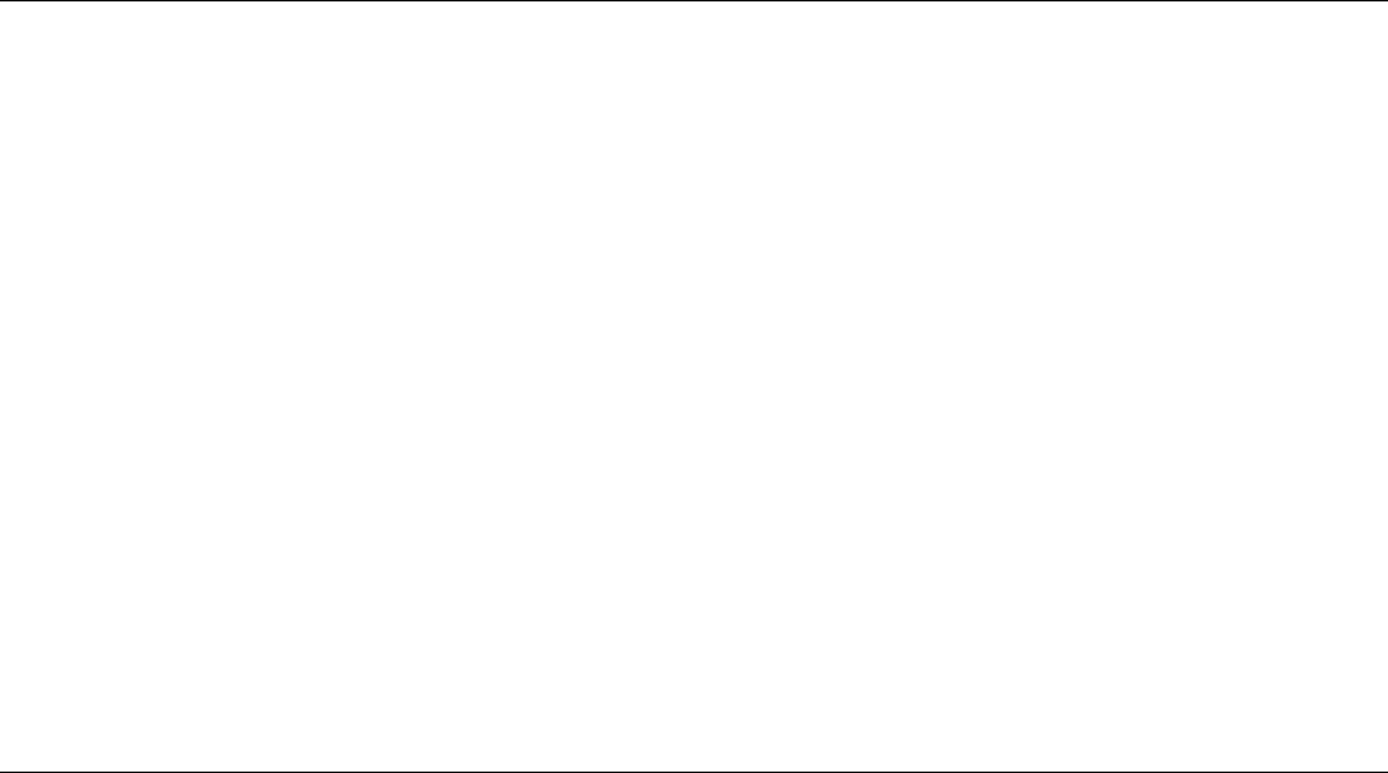
Read "Sliding into home," on Page 2

Eifel Times

Vol. 37, Issue 44

Spangdahlem Air Base, Germany

Dec. 5, 2003



Staff Sgt. Karen Z. Silcott

Master Sgt. Kevin Davidson, 52nd Equipment Maintenance Squadron, talks to Dr. James G. Roche, Secretary of the Air Force, Nov. 24 about phase dock operations where maintainers inspect and repair Spangdahlem Air Base A-10 Warthogs and F-16 Fighting Falcons. During his visit to the U.S. air base in Germany, the SECAF thanked 52nd Fighter Wing troops for their support of Operations Enduring Freedom and Iraqi Freedom. Since January, 2059 members of the 52nd FW have deployed for the operations in Southeast Asia and Joint Task Force Liberia in Africa.

SECAF visits Spang airmen, discusses Air Force's future

By Airman 1st Class Amaani Lyle
52nd Fighter Wing Public Affairs

Citing the ability to adapt as the greatest change for the Air Force, the Secretary of the Air Force thanked troops for their involvement in Operations Iraqi Freedom and Enduring Freedom during an Airman's Call here Nov. 24.

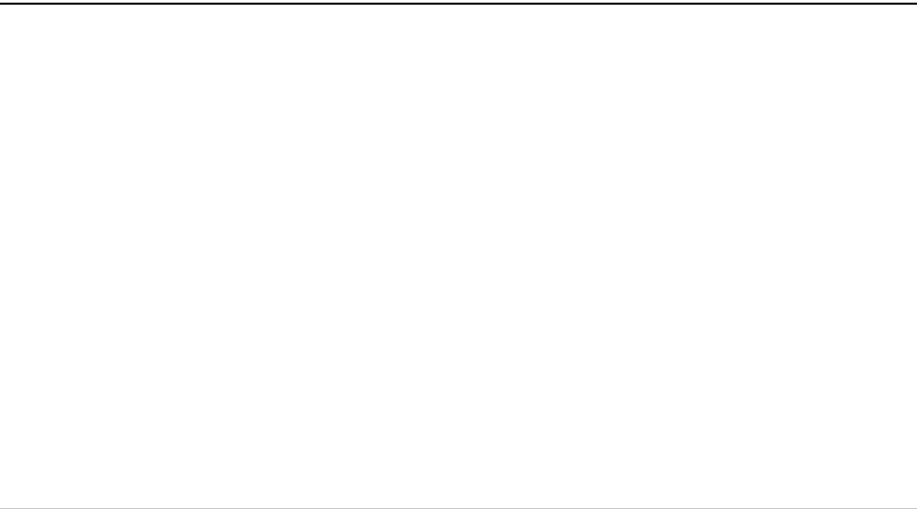
During his visit, Dr. James G. Roche, the 20th SECAF, also met with senior leadership and "Just Airmen!" junior enlisted representatives at the base's community center to discuss wing improvements in more detail.

Accompanied by U.S. Air Forces in Europe commander Gen. Robert H. "Doc" Foglesong and USAFE Command Chief Master Sgt. Gary G. Coleman, Dr. Roche saw firsthand the results of Spangdahlem Air Base's two USAFE-level Installation Excellence Awards in recent years.

The completion of the Brick House, a state-of-the-art recreation center designed in the interest of young airmen, is among the more significant enhancements to the base, said Col. Stephen Mueller, 52nd Fighter Wing commander.

Dr. Roche later met with hundreds of wing personnel to answer questions about the Air Force's future, from Aerospace Expeditionary Force rotations to the new uniforms. He also discussed specific technological strides the Air Force is taking.

"We've taken our technology and adapted it to the conflict we face," Dr. Roche said. "We're taking the brains of our airmen and putting them together with technology to create a new doctrine."



Staff Sgt. Karen Z. Silcott

Dr. Roche returns a salute to the Color Guard as he's welcomed by Col. Stephen Mueller, left of Dr. Roche 52nd Fighter Wing commander, during his visit here Nov. 24. While here, Dr. Roche reviewed the base's Combat Program quality-of-life improvements, including its new recreational center, the Brick House. The SECAF also spoke of advances in Air Force technology and how airmen will benefit from its innovations.

Dr. Roche explained the new doctrine facilitates weapons efficacy and helps ensure that no opponent can ever have a technical edge on the U.S. Air Force.

"We've had extraordinary weapon precision," the SECAF said. "The Joint Air Surface Munition is the most accurate weapon we've ever developed in our history with a better than .9 probability of (target arrival)."

In regard to the Aerospace Expeditionary Force operations tempo in coming months, Dr. Roche said he hoped to work back to a normal rotation by March. "Our mobility force is the infrastructure of Iraq," Dr. Roche said. "When the Air Force leaves an (area of responsibility) we always leave some

people behind because they're so valuable." He added that the rotation was originally intended for stability.

When asked about the new blue Air Force battle dress uniform the Secretary quipped, "I can assure you if you're in a blue forest you will not be seen."

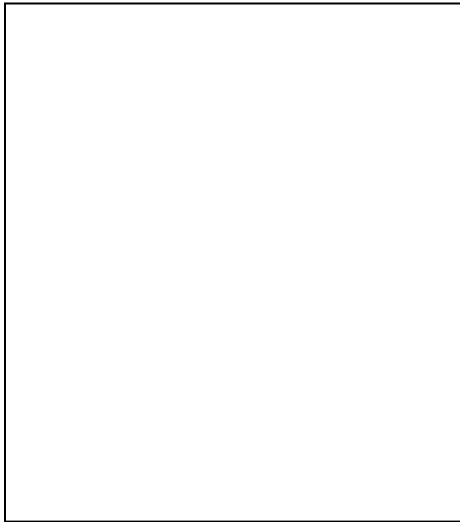
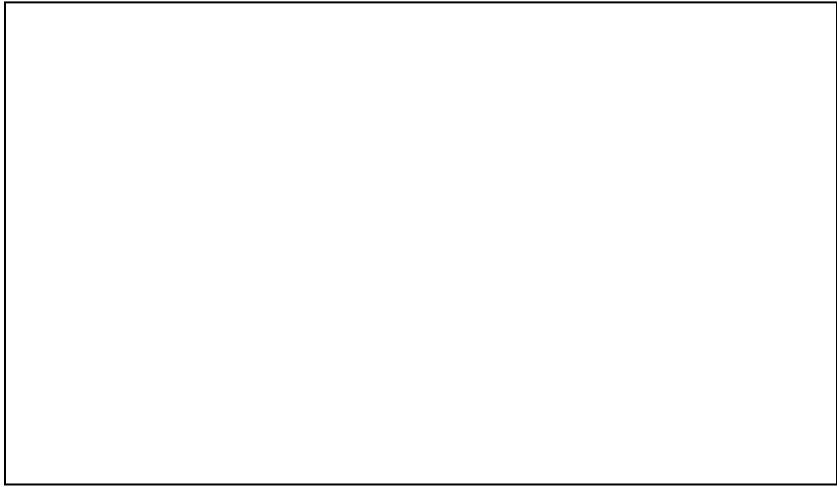
Dr. Roche, who retired as a captain after 23 years of Navy service, said the uniforms are still in development and are being designed to be more practical, especially for those working on the flightline.

The Secretary concluded his address with his assessment of the Air Force's performance during the Iraqi conflict.

"You've been tested in combat and done exceptionally well," he said. "Keep up the good work and happy holidays."



Tech. Sgt. William McCalpine, 52nd Maintenance Operations Squadron quality assurance inspector, pauses to salute during retreat Nov. 19. The NCO is one of hundreds of airmen that returned to the wing Nov. 19-23.



Above, Staff Sgt. Kyle McFarland, 81st Fighter Squadron intelligence; Tech. Sgt. Dave Reese, 81st Aircraft Maintenance Unit debrief section chief; Senior Airman Karri Wallila; 81st AMU aircrew debriefer and Tech. Sgt. Dave Grimes; 81st AMU dedicated crew chief; line up to grab bags unloaded from a cargo palette. Right, Staff Sgt. Jerry Claytor, 52nd Aircraft Maintenance Squadron avionics specialist, greets his daughter Tianna, 5, upon his return from Bagram Air Base, Afghanistan, Nov. 19.

Sliding into home base

Spang troops return to wing as desert heroes

Story and photos by
Airman 1st Class Amaani Lyle
52nd Fighter Wing Public Affairs Office

The sun began to set as facing firetrucks extended their ladders, activated their lights and erected flags. Onlookers dotted the scene at Hangar 3 and stood in anticipation of the next wave of returning base people to Spangdahlem Air Base Nov. 19.

Pilots and others from the 81st Fighter Squadron and maintainers from the 52nd Aircraft Maintenance

Squadron, 81st Aircraft Maintenance Unit toted dusty duffle bags and desert camouflage hats across the runway to the cheers of eager friends and family.

Staff Sgt. Pete Rivera, 81st FS, NCOIC of workgroup management was among those deployed. The NCO said about 250 people returned from Bagram by Nov. 23.

"We were in Afghanistan supporting Operation Enduring Freedom," said Lt. Col. Dale Larkin, 81st FS Operations officer. "Our mission

was to find, fix and destroy enemy combatants if necessary. We closely supported the troops on the ground doing the hard work."

The team effort won the praise of personnel at many levels, including the squadron commander.

"Our performance was phenomenal," Lt. Col. Larkin said. "The troops did a superior job. The maintainers kept us flying under some very austere conditions such as blacked-out operations on the flight-line, hostile enemy fire, weather and

sand. When our pilots were called upon to put ordnance on target, they did so while protecting friendly forces on the ground."

Airman 1st Class Mike Gavaghan, 52nd AMXS crew chief, had his agenda planned upon his return Nov. 19.

"I'm going to relax and enjoy some real food and television -- just really try to enjoy some of the things I've been without for a while," he said.

Getting re-acquainted with life's comforts isn't the only thing on the to-do list for these troops. Lt. Col. Larkin said the 81st FS plans to remain vigilant in the day-to-day training and exercise preparation that the wing has scheduled.

The excitement paused as retreat began to play. Both beige- and dark green-clad troops stood at attention with rigid salutes and in that moment, everyone seemed gently reminded of what these airmen were fighting for in the first place.

Team Eifel learns service with a smile at Customer College

By Maj. Lisa K. Hansen
52nd Services Squadron commander

When Gen. Robert H. "Doc" Fogelsong assumed command of U.S. Air Forces in Europe, his vision was for USAFE to "lead the way for the most respected, all purpose expeditionary air and space force in the world."

One of USAFE's goals was to improve the many services we offer to our internal and external customers. From this goal, the Customer College program was born.

Spangdahlem's Customer College delivers training, resources and basic skills required for customer service professionals to provide comprehensive care that exceeds customer expectations.

The program aims to help foster an atmosphere of dedication to helping others through a culture of excellent service and personal and organizational pride. Customer College puts fully trained, customer-focused people back into our products and services and ultimately make a positive and long-lasting contribution to USAFE quality of life, said Alyson Sword, a Customer College instructor.

To date, 44 students have successfully completed the course. "Through this course I've seen negative people with negative attitudes, in just 5 days, turn around and change into positive role models for professional customer providers," said Customer College instructor Bob Hill.

A typical week includes such topics as the development of communication skills, positive interaction with a range of customers, interpersonal relationships, team building and ways to take care of yourself, your organization and the Air Force.

A recent Customer College graduate stated, "The lessons taught here are not only for the workplace, but for life. This is the stuff that separates 'good' from 'superior.'"

Completion of this course will be accompanied by documentation in the individual's training record, appropriate USAFE certification and recognition for the skills they learn, and will be a prerequisite for the next higher



Staff Sgt. Karen Z. Silcott

Denise Miller, Customer College instructor, discusses team building in the Customer College class, which opened its doors for the first class of 26 students Nov. 3. For more information on the class call the 'college' at 452-9546 or 452-9547.

level of customer service training.

The customer college program is looking to become an accredited course allowing those who attend to receive college credit upon completion.

The future of the Air Force depends on the

level of exceptional service to fly, fight and win. Spangdahlem Air Base's Customer College is dedicated to returning people to the work centers with a "can do" attitude and a commitment to core values of "integrity, service before self and excellence in all we do."

Eifel Salutes

52nd Operations Group

Ready for takeoff is **Airman 1st Class Roger Ledoux**, who achieved his Air Traffic Control tower certification in record time. We're very thankful for **1st Lt. Chris Perkins**, who coordinated the 23rd Fighter Squadron Maintenance Thanksgiving dinner. Wing warrior is **Capt. Mark Van Brunt**, who coordinated a recent Wing War Day. He also put together an exercise that included German tornadoes, 22nd and 23rd FS F-16s and 606th Air Control Squadron galley control. **Capt. Ben Bartlett** saw a window of opportunity to replace recently installed safety glass after discovering a defect in it at the 22nd FS ops building.

52nd Maintenance Group

He's the bomb ... **Airman 1st Class Johnny Harris** used his engineering skills to build non-standard pallets which properly secured explosive assets to go to the Explosive Ordnance Disposal range. And the winner is ... **Mia Checkley** for meticulously managing more than 200 mission critical field training detachment courses -- and deservedly snagging the Mission Support, Support Education Training Manager Award for 2003. **Staff Sgts. Crystal Lafoon, Jason Atchley** and **Dennis LaDrew** with the help of **Senior Airmen Dominic Johnson** and **Erica Hesskett** and **Airmen 1st Class Jermaine Anderson** and **Crystal Bryant** deserve a salute for their assistance during the new server use and their movement of file plans through a tough approval process. Making the grade is **Master Sgt. Dale Hupper**, who not only manages the wing's fleet of aircraft engines, but takes time to spend off-duty hours volunteering with the Spangdahlem Elementary School Adopt-A-Grade program. **Airmen 1st Class Michael Bissett** and **Phillip Chappell** scored a 98 and a 95 percent, respectively on their career development course exams. Hoo-rah three-day pass!

52nd Mission Support Group

Hats off to the **Centralized Dormitory**

Management Office for implementing the new computerized dormitory Automated Civil Engineer system -- 10 buildings, 846 rooms, 778 residents and a ... partridge in a pear tree? **Master Sgt. Scott Tusler** is our "welcome home" boy -- he deftly coordinated transportation, weapons custodians, spouses and refreshments over the last three weekends to properly welcome back our deployed warriors. On track is **Herr Frank Haas**, who introduced a new information management/EPR tracking system. We "can do" a salute for the **52nd Civil Engineer Squadron** for the awesome support during the last wing clean-up day. Team Eifel's "Taco Belle" is **Rebecca Lenfesty** -- she helped get the new Taco Bell employees on board to ensure the wing didn't miss a south-of-the-border meal. Survey says ... salute -- to **Master Sgt. Christopher Heffner**, who picked up the call for short-notice help with a report of survey to ensure staff agency computers were upgraded.

52nd Medical Group

A real pro is **Staff Sgt. Amy Jambora** for her proactive approach in scheduling new prosthodontists appointments and accepting her new duty in dental supply. **Senior Airman Prince Brown** wears the crown for volunteering dental administrative support during patient down time. **Airman 1st Class Andrea Matusky** may find it tough to get through an airport "medal" detector. She's not only a Congressional Medal of Honor Award winner, but even Secretary of the Air Force Dr. James Roche saw it befitting to coin her for a job well done during their "Just Airmen!" presentation at the Brick House. Way to go!

Special salute

A warm salute goes to the entire Tier Two for helping to collect more than \$4,000 for Operation Warm Heart.
Kudos to all, Team Eifel salutes you!
(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)

Staff Sgt. Rolando Guerrero, 52nd Medical Operations Squadron physical therapy craftsman, is this week's Top Saber Performer.

Top Saber Performer

Name: Staff Sgt. Rolando Guerrero
Unit: 52nd Medical Operations Squadron
Duty title: Physical therapy craftsman
Hometown: San Antonio, TX
Years in Service: Seven
Nominee's contributions to 52nd Fighter Wing mission success: Staff Sgt. Guerrero is consistently singled out for exceptional service. He has provided more than 1,000 physical therapy modality and exercise treatment programs for wing members this year. As the medical group sports representative, Staff Sgt. Guerrero effectively organized participation in Wing Sports Day, a key to camaraderie and physical readiness. His efforts were instrumental in the group winning this year's commander's trophy. The staff sergeant's daily contributions merited him the current 52nd MDOS NCO of the Quarter award.
Off-duty volunteerism and professional development pursuits: I have completed a massage therapy course -- my Community College of the Air Force in physical therapy. I am currently taking classes toward a business degree. I volunteer for various activities ranging from the Just Airmen! Block Party to the Eifel Bazaar.
What do you do for fun? I participate in intramural softball, football and volleyball. I recently took a family vacation to Garmisch and attended the 170th Oktoberfest and toured the Zugspitze and Neuschwanstein.
What do you like most about being stationed here? I enjoy the cool weather, the culture and the traveling opportunities this location has to offer.
What's one thing you'd like to see improved at Spangdahlem AB? I'd like to see the parking improved, especially around the BX, pass and registration and military personnel flight areas.

Dress Right, Dress

AFI 36-2903, SABI A6.1

As weather or duty dictates, the olive green sweater or sleeping shirt may only be worn under the BDU shirt. If the BDU shirt is removed, it is worn only in the duty sections and never an outer-garment in public areas, unless actually performing duty in that area. (Courtesy of the Spangdahlem AB First Sergeants Council)

Goal day scorecard

*Bolded items = missed goals

Factor	Goal percentage	Actual
Active-duty driving under the influence rate	decrease by 25%	0
Sortie goal	within +/- 3%	-4.5 (A-10)
		-13.4 (F-16)
Articles 15 served in 20 days from offer	90	93
Air Force fitness standard pass rate	75	60
New arrivals assigned sponsor	92	90
Class A or B mishaps	0	0
Career Development Course first-time pass rate	96	96
Performance reports closed out within 30 days	85	83
Preventative health assessment and individual medical readiness requirements	75	75

*Next goal day is scheduled for Feb. 17 and will be based on data from Dec./Jan. performance

Members of the 52nd Dental Squadron Preventative Dentistry Element make up this week's Top Saber Team.

Top Saber Team

Unit name: 52nd Dental Squadron Preventive Dentistry Element
Unit responsibilities: The team ensures global readiness, promotes oral health and provides preventive dental care.
Number of members: Nine
Team's latest contributions to 52nd Fighter Wing mission: The element provides teeth cleanings to more than 1,200 beneficiaries monthly, keeping Team Eifel worldwide deployable. The team was part of the base's Pumpkin Patrol, handing out 800 toothbrushes to "trick-or-treaters" during Halloween festivities. Recently, the team joined the Medical Group's prenatal and smoking cessation programs to provide dental educational information to wing personnel.
Team's other contributions throughout the year: As part of the Spangdahlem Medical Annual Readiness Training (SMART) program, the element provides "one-stop" exam and cleaning appointments to Team Eifel, saving countless hours away from their duty sections. They also offer athletic mouth guards to all Department of Defense personnel participating in youth and adult sports. "Without our crew, you can't chew!"

Interested in a degree?
We can help you!
Contact Spangdahlem AB's Combat
Education Center at 452-6063

Command brings Airman Leadership School to Lajes Air Base, Keflavik Naval Air Station

Story and photos by

By Tech. Sgt. Jason Tudor

65th Air Base Wing Public Affairs Office

Staff Sgt. Jeff Garcia looks more like he's leading an auction rather than teaching a class. His hands swirl, his eyebrows arch and he rules the room as he makes points about some of the hot spots of the world.

Staff Sgt. Garcia's emphatic, positive style masks unfamiliarity with his surroundings. In a room the size of J-Lo's shoe closet in a building as old as his father, the professional military education instructor teaches 16 airmen on an island he's never visited.

How deep seeded was Staff Sgt. Garcia's fear of this new place?

"I looked out the classroom window and saw water. And it was a lot," he said, eyes wide.

Fear aside, the staff sergeant is conducting something of an auction with students bidding on their future as Air Force NCOs. He and Master Sgt. Kaleth Wright just finished teaching the five-week long Airman Leadership School course.

What's unusual about that? Lajes Air Base along with Keflavik Naval Air Station,

Iceland, are the only two places in the Air Force where the two instructors, the prerequisite instructor briefings and more than 16,000 documents needed to teach ALS are brought here - the only

such practice in the Air Force.

As Class 04-1 graduated Nov. 14, it became the last of three courses taught here this year. Admittedly, the courses come to Lajes, "whenever there is a need," said Master Sgt. Rich Williamson, the wing's chief of professional development.

"The hardest part is getting instructors in," Master Sgt. Williamson added. "At the same time Keflavik is trying to get teachers, the school houses in U.S. Air Forces in Europe are trying to stay fully manned. So, we pick a few dates and try and get those approved. It can be a balancing act."

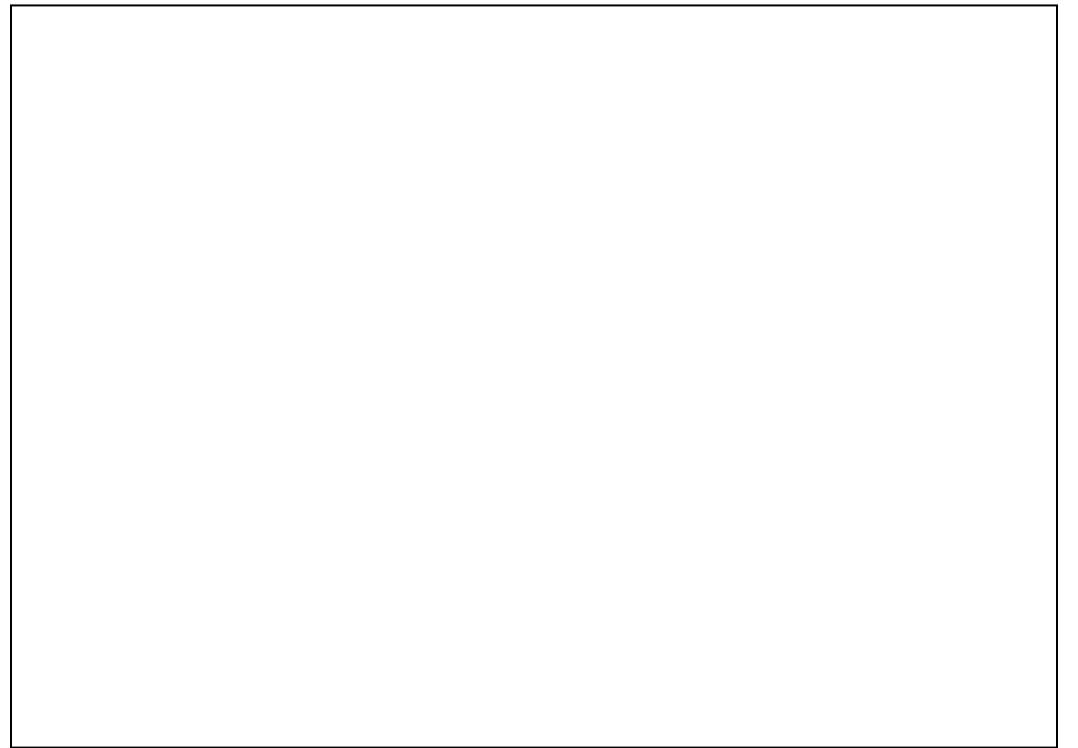
Most bases teach as many as seven ALS courses per year. NCO academies are filled between nine and 12 times per year. Pulling instructors from there to come here some 3,000 miles from home can be daunting, he said.

Master Sgt. Williamson, an 18-year veteran, said the driving force for when he selects class dates are promotions to staff sergeant. He also makes a flexible forecast at the start of each fiscal year, wedging the classes between four first-term airmen center sessions and three NCO professional development classes.

"Based on the amount of people selected for promotion, that's when we start flagging dates," he said.

Master Sgt. Williamson's USAFE counterpart is Master Sgt. Cynthia Wyatt, who runs professional military education for the command. She said bringing the instructors to the island makes more sense than having a school to manage.

"When it's time to go do the class, we always have instructors who are willing and ready to go," she said. "It's a great opportunity for them."



Staff Sgt. Jeff Garcia, a professional military education instructor from Spangdahlem Air Base, leads an Airman Leadership School class at Lajes Air Base. Garcia is one of two instructors brought here to teach ALS for five weeks. ALS consists of the profession at arms, leadership and communications. The course, developed by USAFE Command Chief Master Sgt. Gary G. Coleman in 1990, was revised to include information about how newly promoted staff sergeants use interpersonal skills in leadership.

Master Sgt. Wright, a dual-certified ALS and NCO Academy instructor also based in Germany, said he was ready but tentative about the LajesAB trip.

"There's a comfort zone," he said. "In Germany, I know where everything is. There are rules established and those rules are relative to your community."

However, coming to Lajes, the rules are different. For instance, ALS curriculum asks students to perform reveille and retreat as well

as do drill and ceremonies. That can't be done at Lajes AB based on agreements Americans have with their Portuguese hosts.

Master Sgt. Wright said the curriculum's emphasis goes to leadership and supervision.

"I want the students to leave with an understanding of how to take care of their troops," he said. "It's a balanced combination of classroom instruction augmented with the instructors' personal experiences. It all meshes very well."

Spangdahlem warriors prepare for latest NATO tactical evaluation

Tech. Sgt. Stephen Cass
52nd Fighter Wing Inspections Office

The wing once again tests its preparedness to merit excellence on the NATO Tactical Evaluation Dec. 15.

The 52nd Fighter Wing Inspections Office is laying out the groundwork to help the wing achieve this goal. Now it is time for each member of the 52nd FW to start preparing themselves and their units. The key to a successful exercise is having the right mindset.

To prepare for the TACEVAL, wing members must ask themselves, "What are NATO's expectations for this task?"

In some ways Eifel airmen accomplish their jobs the same way as NATO does, but there are subtle differences. An effective question to ask supervisors is, "Is there a NATO Standardized Agreement I should reference to ensure I'm doing my job to meet NATO's expectations?"

STANAG and NATO agreements that ensure everyone knows what needs to be done and stan-

dardizes procedures for use in a combined force. NATO evaluators will look at how Team Eifel does its job the "NATO way." The wing's final grade is based on how well it can integrate with other NATO forces and accomplish combined operations.

All wing members must also remain ready to protect themselves and each other in a combat environment.

First, members should ensure their chemical and biological protective equipment is ready. The Airman's Manual and Ability To Survive and Operate training offers clear guidance on how to check this equipment. Wing members should also inspect their web gear to ensure ensure it's clean and serviceable.

Members should also be familiar with their ATSO guide and Airmen's Manual. Knowing the material in the guides prepares airmen for the written TACEVAL test that NATO will administer to most of our "deployed" personnel.

The most important part of personal preparation is to have the

right attitude. As members prepare for the evaluation they should ask, "How can I help the wing achieve this goal"? Using the exercise experience can cement an attitude of excellence.

Members must demonstrate a sense of urgency at all times and play for real. When in doubt, do what would be done in combat. When an evaluator asks a question, stand up and answer with confidence. When a member doesn't know an answer, they should find it. Each member should try to be the first to perform self-aid and buddy care, rather than standing around and waiting for someone else to initiate care. The wing receives the credit it deserves when everyone shows an excellent attitude and a sense of urgency.

It's a difficult task to achieve excellence in a NATO TACEVAL. The wing inspections office knows Spangdahlem AB is wartime ready. If Team Eifel puts everything it has into this evaluation the team will receive excellence.

break bread at the Spangdahlem AB chapel!

Worship schedule:

catholic masses

saturday, 5 p.m., spangdahlem ab
sunday 8:30 a.m., spangdahlem ab
sunday 11:30 a.m., bitburg annex

Sacrament of conciliation

Saturday, 4:30 p.m., spangdahlem ab

Religious Education (Sunday)

Catholic, 9:45 a.m., Spangdahlem AB
Protestant, 11:30 a.m., bitburg annex

Protestant Sunday worship

Liturgical 8:15 a.m., Bitburg Annex
Contemporary 9:30 a.m., bitburg annex
traditional 10:30 a.m. spangdahlem ab
gospel 1p.m., bitburg annex
korean 1p.m., spangdahlem ab
sunday night live 5 p.m. spangdahlem ab

Jewish/Islamic prayers and high holy days,
contact the spangdahlem chapel for details

Call the air force chaplain service at 452-6711
or 06565-61-6711. After duty hours call the
command post at 452-6141 or 06565-61-6141
or visit spangdahlem ab building 135
for details or appointments

Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.

Free play

ACT Eifel presents, "The Best Christmas Pageant Ever," Dec. 12, 13, 19 and 20 at 7 p.m. and Dec. 14 and 21 at 2 p.m. in Spangdahlem Elementary School. The comedy is about the tribulations a couple experiences while directing their church's annual Christmas play.

Parenting classes

The following 52nd Family Advocacy Squadron parenting classes take place in Bitburg Annex building 67, third floor. Call Sharon Gilmore at 452-8279 to register or for details.

■ Unlimited parent support for expecting parents, Dec. 15 from 2-4 p.m.

■ Passport to parenthood for parents in the third trimester, Dec. 17 from 1-4 p.m.

Banker's hours

The Spangdahlem AB branch Community Bank is open Wednesday noon to 4 p.m. The Bitburg Annex branch is open Thursday from noon to 4 p.m.

Free concert

Singer Niki Barr and her band rock the Brick House Dec. 21 from 8 p.m. to midnight.

Tree sales

Boy Scout Troops 165 and 161 sell Christmas trees weekdays from 5-7 p.m., Saturday from 11 a.m. to 7 p.m. and Sunday from noon to 6 p.m. in the commissary parking lots. Sale proceeds benefit troops activities.

Catholic potluck

The Holy Family Catholic community potluck dinner celebrating Our Lady of Guadalupe takes place Dec. 13 from 6-9 p.m. in the base chapel. Call Chaplain (Maj.) John Kinney at 452-6711 for more information.

Gospel concert

The Spangdahlem Gospel Ambassadors perform in concert Sunday

at 4:30 p.m. in Bickendorf Catholic church. Another concert takes place at the Landscheid Christmas market Dec. 14 at 4 p.m. Call Chaplain (Capt.) Bill Coker at 452-6711 for more information on these Combat Touch programs.

Tree-lighting celebrations

A winter holiday parade begins at the Spangdahlem AB pavilions near Eifel Bowling Lanes Wednesday at 4 p.m. A tree-lighting ceremony follows at 4:30 p.m. at the corner of the skills center and commissary parking lot. A reception follows at 5 p.m. in Club Eifel. Another tree-lighting ceremony takes place Dec. 11 at 6 p.m. at the Bitburg Annex Chapel.

Preschool get-togethers

■ Children's story hour takes place each Thursday at 10:30 a.m. in the chapel library, building 139. Call the base chapel office at 452-6711 for more information.

■ A preschool playgroup meets each Tuesday from 10 a.m. to noon in Spangdahlem AB Military Family Housing building 409-C. A playgroup also meets each Thursday from 10 a.m. to noon in Bitburg Annex Temporary Living Facility 2. Call Michele Linnen at 452-8288 for more information.

■ Children's story hour takes place each Wednesday at 9:30 a.m. in the Bitburg Annex Library and each Thursday at 9:30 a.m. in the Spangdahlem AB Library. Children ages 2-5 are invited. Call 452-9056 for more information.

Gift-wrapping services

The Girl Scouts wrap gifts for donations at the Spangdahlem AB and Bitburg Annex Base Exchanges now through Dec. 24. For more information about this service or the Girl Scouts, call Kannetha Clem at 452-9190.

Education services news

The 52nd Mission Support Squadron Education Services Center is located in Spangdahlem AB, building 192. Call 452-6063 for more information.

■ University of Oklahoma online internship and IDR enrollment takes

place now through January in Spangdahlem AB building 131, room 303. Call Allen Cannon at 452-6063 for details.

Kids' Christmas parties

■ The Mission Support Group hosts a children's holiday party Dec. 13 from 1:30-3:30 p.m. in the multi-purpose room in the Spangdahlem AB chapel. Bring a wrapped, age-appropriate book with the child's name on it for Santa to present it to the child. Call the chapel at 452-6711 for details.

■ The Aircraft Maintenance Squadron Spouse's Group hosts a children's party Saturday from 2-5 p.m. at Hangar 3. Parents should bring a wrapped present with a value of less than \$10. Cookie donations are still needed.

Volunteer tutors needed

Volunteers are needed to help Bitburg High School students improve their study skills and with their college-prep courses. E-mail Valerie Camish at Valerie_mccamish@eu.odedodea.edu for details.

Voting assistance

Wing members can call installation voting representatives for help with voting questions through the 2004 general election. Call Maj. William McAllister at 452-8298 or Master Sgt. Jeff Barr at 452-7410 for more information.

Legal assistance hours

The 52nd Fighter Wing Legal Office provides legal assistance each Tuesday and Thursday from 1:30-3 p.m., and Wednesday and Friday from 8-10 a.m. A German legal advisor is available Monday-Thursday from 8-11 a.m. Walk-in hours are each Monday from 11 a.m. to 1 p.m., Tuesday and Thursday from 11 a.m. to 4 p.m., and Wednesday and Friday from 8 a.m. to 1 p.m.

Volunteers needed

Airmen Against Drunk Driving seeks volunteers to drive or operate the dispatch office on weekends and holidays. To volunteer, e-mail full name, town or residence and home phone number to aadd@spangdahlem.af.mil.

Club Eifel Happenings

The following events take place at Club Eifel. Call 452-6090 for more information.

Today

■ Seafood lunch buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.
■ Stripes Lounge: Malibu Madness from 5 p.m. to 1 a.m. Free buffet for members from 5-7 p.m. Club card drawing from 6-8 p.m.; members must be present to win. Freaky DJ plays variety hits from 9 p.m. to 1 a.m.
■ ECL: 52nd Fighter Wing commanders social starting at 5 p.m.

Saturday

■ Stripes Lounge opens at 4 p.m.

Sunday

■ Breakfast buffet from 10:30 a.m. to 1:30 p.m. Cost is \$7.95 for members, \$4 for children ages 6-12, \$10.95 for non-members, \$7 for children. Youth 5 and younger eat for free.
■ Ballroom Bingo at 5 p.m.
■ Stripes Lounge opens at 4 p.m.

Monday

■ Country lunch buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.
■ Stripes Lounge: Melvin's Maniac Monday features "Bring Your Own Stein" night and \$1 drink specials.
■ Slots: More Money Monday from 11 a.m. to 1 p.m. Play any slot machine for max credit, hit the jackpot, show a Monday Club Eifel lunch receipt and double the jackpot.

Tuesday

■ Mexican lunch buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.
■ Stripes Lounge: Play "Showdown" to win half-price drink specials. Club members play billiard for free from 4-10 p.m.

Wednesday

■ Italian Lunch Buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.
■ Stripes Lounge: Wacky Wednesday "Trash Cash" giveaway, 25 cent wings and \$2 quesadillas.

Thursday

■ Bar Extravaganza buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members. Mongolian Barbecue buffet from 5-8 p.m.
■ Stripes Lounge: \$1 Bitburger Stubbies from 6-8 p.m. Karaoke from 9 p.m. to 1 a.m.

Call 452-6090 for more information.

Pick an 'Angel'

The Angel Tree program helps brighten Christmas for children in families who are experiencing financial difficulties.

Participating is as easy as 1-2-3!

1. **Select a card** from an Angel Tree located at the base exchanges, BX-tras and chapels.
2. **Purchase** the "angel's" wishlist item.
3. **Drop off** the unwrapped gift with the angel card attached at one of the drop boxes located near the Angel Trees.

The local chapter of the Air Force Sergeant's Association does the rest -- they wrap the gifts and deliver them to the children's homes in time for Christmas! People interested in donating toys, money or wrapping supplies can call Staff Sgt. Howard Lyman at 452-6546.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Col. Stephen Mueller.....Commander
Maj. Melinda Morgan.....Public Affairs chief
1st Lt. Gerardo Gonzalez.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Staff Sgt. Jennifer Lindsey.....Editor
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Iris Reiff.....Leisure writer
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Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Month
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
F-16	43	53	10
A-10	16	20	4

*Delta is contract vs. sorties flown to date.

Through Dec. 2

Courtesy of the
52nd Maintenance Operations Squadron
Plans and Scheduling Section

Viewpoint

Dec. 5, 2003

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Reflection

Squadron commander recalls journey, dedication to 24-year Air Force career

By Col. James Glaess
52nd Dental Squadron commander

It was November 1978, and I would be graduat-
ing from dental school in May of 1979. It was
time to decide where I would practice dentistry.

Traditionally, most graduates open their own
office. Some go into group practices or become
associated with an established dentist. My parents
wanted me to open an office in my hometown of
Sulphur Springs, Texas, a sleepy East Texas town
of 12,000 surrounded by Texas' largest dairy coun-
ty.

My thoughts were somewhat different. My fear
was being chained to a practice in Sulphur Springs
for the rest of my life and never getting out to see
the world. I thought, "Why not try the United
States military?"

One of my classmates was on a Navy scholar-
ship. Maybe joining the military was a good alter-
native.

The next week, I visited Army, Navy and Air
Force recruiters and completed applications to
each. The recruiters said they would call back in a

**"Are there some frustrations
serving this great country of
ours? You bet. But the good far
outweighs the bad. "**

couple of weeks and let me know if I met the
entrance requirements.

I have to admit I was very naive about the mili-
tary and figured there really wasn't any difference
between the three services -- boy was I wrong on
that belief. The Air Force recruiter called back first
and said if I wanted to join, he would send me to
my first assignment preference, Ramstein Air
Base, Germany. That sounded awesome, so I
signed on the dotted line. The only reason I joined
the Air Force versus the Army or Navy is that they
got back with me first.

Some join the military for patriotism and to
serve their country. To others, the lure is the disci-
pline of a military lifestyle or the excitement of

the mission. For me, it was to see the world, gain
additional expertise in dentistry and then go into
private practice after my three-year hitch.

Well, here I am more than 24 years later. What
happened? The answer is, because I love the Air
Force way of life. The Air Force has been good for
me, and I'd like to think I've been good for it. The
Air Force has brought me discipline, maturity and
focus. Whether I stayed in for three years or a
career, the Air Force has made me a much better
person and a better team player.

Are there some frustrations serving this great
country of ours? You bet. But the good far out-
weighs the bad. I've been fortunate enough to be
stationed overseas six times in my career. Each of
those assignments has been terrific. Each time I'm
stationed overseas, it makes me realize even more
and appreciate what a great country we're from and
how good life is in America. There is no place like
home and no country better than the United States
-- my time in the United States military verifies it.

Kick the habit

Teens 'put out' cigarette habits

By Elke Zschaebitz
Bitburg High School nurse

Every day about 4,400
U.S. teens try their first ciga-
rette. According to the
Substance Abuse and Mental
Health Services
Administration, the study
showed that people typically
have their first cigarette and
become regular smokers dur-
ing adolescence.

Smoking isn't merely a
bad habit -- the stakes are
high for teens who begin
smoking during adolescence.
Studies have shown smokers
who begin early in life are at
greater risk of developing
lung cancer than those who
start as adults.

Tobacco is also considered
the "gateway drug" to further
use of other illegal sub-
stances and abuse of alcohol.

Teens who smoke are
more likely to engage in vio-
lent acts, attempt suicide and
have unprotected sex. One
out of every three teens who
continue to smoke into adult-
hood will eventually die of
smoking-related causes.

The Department of
Defense Dependent School

Break the chain

**For more information on the Bitburg
High School Not On Tobacco Program,
call Lisa Rosenbaum or Elke
Zschaebitz at 06565-61-9337 or 06565-
61-9438, or the 52nd Aerospace
Medicine Squadron Health and
Wellness Center at 06565-61-9355.**

upholds a no-smoking policy.
Possessing or using tobacco
products on campus during
the school day, on school
buses, or at school sponsored
events is a violation.

Command officials sup-
port the ban, including Lt.
Gen. Arthur Lichte, vice
commander U.S. Air Forces
in Europe, Ramstein Air
Base, Germany.

The Bitburg High School
community actively attempts
to promote wellness and pre-
vent risk-related behaviors.

Members of the base
health and wellness team
sponsored a base-wide Great
American Smokeout Day
Nov. 20. Lt. Col. Diane
Deyak, Tech. Sgt. Edith

Fields and Staff Sgt. Jamar
Long, who dressed up as a
cigarette, teamed up with
school substance abuse coun-
selor Lisa Rosenbaum, to
promote smoking cessation
by handing out brochures to
BHS students.

The members were also
there to promote the
American Lung Association's
teen-focused smoking cessa-
tion program "Not on
Tobacco." This program has
a success rate of nearly 80
percent. Additionally, almost
a half a year after NOT inter-
vention, 53 percent more
teens than those enrolled in
other smoking cessation pro-
grams reduced their weekday
smoking.

Direct Lines

Trash dumping

Question: Spangdahlem AB members living
on the economy seem to think it's okay to
get rid of their recyclables, garbage and bulk
trash in government-leased housing dump-
sters. Members are pulling up daily dumping their
trash and driving off. This is beginning to be a very
big problem for two reasons. First, they fill up our
receptacles, forcing us to keep our trash on our
porches or store them near the bins. This results in
trash being ripped open by animals and blown all
over the streets by the wind. Secondly, they drop off
their bulk trash nowhere near the pick-up dates which
makes our housing look like a dump to our friends
and host-nation visitors.

Answer: Thank you for voicing your concerns
and giving me an opportunity to remind all
members of the Eifel community of the rules
concerning trash and recycling. People residing off
base should not bring their trash on base or to the GLH
areas for disposal. The disposal of off base residents'
trash is covered in their monthly utility allowance. The
GLH dumpsters are only sized for GLH occupants use
and when others use them, the dumpsters become over-
loaded, leading to unsightly, overflowing dumpsters.
Off-base personnel are welcome to use the Base
Recycling Centers. The Bitburg Annex facility is open
Monday-Friday from 9 a.m. to 4:30 p.m. The
Spangdahlem AB facility is open Monday-Friday from
9:30 a.m. to 4 p.m. and Saturday from 8 a.m. to noon.

Members who see non-GLH residents using dump-
sters in the GLH areas or other off-base residents
using on-base dumpsters should write down their
license plate number and report it to the law enforce-
ment desk. The information you give will be investi-
gated and sent to the appropriate first sergeant or
commander for action.

Movies

All movies play at 7 p.m. unless indicated otherwise. Movie synopses are available at www.aafes.com/ems/default.asp.

Bitburg Castle

Today
Runaway Jury (PG-13)

A jury member for an explosive trial against a gun manufacturer joins forces with a beautiful woman to manipulate the panel. With millions of dollars at stake in the precedent-setting lawsuit, the jurist battles a ruthless jury "consultant" who'll stop at nothing to secure a verdict.

Saturday
Matchstick Men (PG-13)

Con artist Roy and his protege Frank are on the verge of pulling off a lucrative swindle when the unexpected arrival of Roy's teenage daughter Angela disrupts his carefully-ordered life and jeopardizes his high-risk scam.

Sunday
Runaway Jury (PG-13)

Closed Monday and Tuesday

Wednesday
Cold Creek Manor (R)

The Tilsons move to a house in the country, but their idyllic family life is threatened when Dale reveals that there's more to the house than meets the eye. It seems that the original owners were brutally murdered.

Thursday
Matchstick Men (PG-13)

Spangdahlem Skyline

Today
Radio (PG)

Based on a Sports Illustrated article, Radio tells the true story of a white football coach at a southern school who befriends a mentally challenged African-American man. Their friendship changes both the school and the team.

Once Upon a Time in Mexico (R, 10 p.m.)

El Mariachi is forced out of hiding by Sands, a corrupt CIA agent. Sands recruits the reclusive hero to sabotage a plot by the evil cartel kingpin Barillo, who is planning to assassinate the president of Mexico.

Saturday
Radio (PG)

Once Upon A Time in Mexico (10 p.m.)

Sunday
Monsters, Inc. (G, 4 p.m.)

Secondhand Lions (PG)

Walter spends the summer with a pair of cranky great-uncles. At first appalled by their gruff manner, over time he becomes enthralled with his uncles' tales, which introduce the boy to a world of imagination.

Monday
The Order (R)

A priest travels to Rome to investigate the strange death of his mentor. The priest discovers the mysterious death may be the work of an ancient figure who plays God on Earth by absolving the unforgivable of their sins.

Tuesday
Radio (PG)

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.

Take a hike!

Edelweiss Lodge and Resort offers peak experience this fall

Less than 60 miles from Munich, resort's rustic mountain cabins, golf course anything but routine

By Corey Henderson
Air Forces Recreation Center,
Europe

Long revered as one of the most desirable vacation towns in the Bavarian Alps, Garmisch features Armed Forces Recreation Center Europe's newest resort, the Edelweiss Lodge. AFRC Europe is now accepting reservations for the 330-room hotel, which opens its doors Sept. 15.

The Edelweiss Lodge and Resort includes a conference center, three restaurants, entertainment game rooms, gift shop, parking garage, indoor pool and wellness club. The resort also features a nine-hole alpine golf course, Hausberg Sport Lodge and Vacation Village Campground.

The resort is a year-round destination offering views of one of the northern Alps and Germany's highest peak, the Zugspitze. Its interior features rustic wood and stone, which mirror the mountain scenery.

"The Edelweiss Lodge and

Resort is going to be a world class resort hotel and give us the opportunity to serve our guests in an inspiring, safe and secure environment," said Richard LeBrun, resort general manager.

With the old world charm of a European marketplace and the savory results of a well-trained culinary team, the self-service restaurant will offer meals and settings as diverse as the world itself.

Another resort feature is

the winter garden, which connects the main lobby, restaurants and conference center.

Comfortable lounging chairs, a cobblestone path, skylights and breathtaking views of the local Alps are sure to be a bustling area for resort guests.

The new resort is the result of the consolidation of the AFRC Europe hotel facilities in Garmisch and Chiemsee. Its construction is financed with a commercial loan, rather than tax funds, which is a first for the U.S. military.

The Edelweiss is the newest joint services resort hotel managed by the U.S.

Army's Community and Family Support Center. Other CFSC resort hotels include the Hale Koa in Honolulu, Hawaii; Shades of Green in Orlando, Fla., and Dragon Hill Lodge in Seoul, Korea.

For 58 years, AFRC Europe has provided service members, Department of Defense civilians and retirees with vacation opportunities.

To make your reservations or for more information on the Edelweiss Lodge and Resort, visit www.AFRCEurope.com or call the AFRC Europe Vacation Planning Center at DSN 440-2575 or via civilian phone at 08821-72981.

Courtesy of the Armed Forces Recreation Center Website

An artist's rendition of the new \$60 million getaway. The European setting of Garmisch, Germany, offers a multitude of recreational and cultural opportunities while on leisure.

Out and About

(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 06511-459930, the Trier Tourist Information Office at 06519-780822 or the Trier Ticket Service at 06519-941188, unless specified otherwise.)

■ Shop at a flea market Sunday inside and outside the Kroev Weinbrunnen hall; inside and outside the Daun Forum hall; inside and outside the Pruem Mehrzweck hall; in front of the Stadtkyll Rewe center; on Trier-West Horn Strasse and along the Zeltingen Mosel shore.

■ Listen to the "German Brass" band Sunday at the Trier Europa hall.

■ Purchase your ticket now to Christmas Moments, a very popular Christmas concert and show by Thomas Schwab & Band, Dec. 21 at the Trier Arena. Tickets can be obtained from the Trier Press center at 06517-199996.

■ A concert by the Voices of Gospel ensemble takes place Dec. 21 at the Trier

Baldenau hall. Tickets can be obtained from the Trier Press center at 06517-199996.

■ The USAFE Concert band will perform their annual Christmas concert, "Wind Symphony," Saturday at the Bitburg Edith-Stein school.

■ See the "Pinocchio on Ice" ice revue show Dec. 31 through Jan. 4 at the Trier Arena hall.

■ Enjoy seeing and listening to a variety of re-nowned musicals, performed Saturday at the Hermeskeil Hochwald hall. For tickets call the Trier Press center at 06517-199996.

■ Michael Flatley's "Lord of the Dance" can be seen Feb. 28 at the Trier Arena concert hall. Tickets can be reserved now at 06517-199996.

■ Listen to Christmas music by the "Rambling Rovers" Dec. 19 at the Schweich synagogue.

■ The childrens' musical "Pippi in Taka-Tuka Land" takes place Dec. 12 at the Morbach Baldenau-hall. For tickets, call the Trier press center at 06517-199996.

...
The 52nd Services Squadron Information, Tickets and Tours office offers the following trips in December. People should register for trips at least two weeks in advance. Children's prices are for ages 3-12. Call 452-6567 or visit the ITT office in the base community activity center for details.

■ Nuernberg Christmas market, Dec. 20. Cost is \$45 for adults, \$40 for children.

■ Strasbourg Christmas market, Dec. 20. Cost is \$35 for adults, \$30 for children.

■ Salzburg and Vienna, Austria, three nights, Dec. 22. Cost is \$499.

■ Celebrate New Year's Eve in Amsterdam, Dec. 31. Cost is \$55.

■ Celebrate New Year's Eve overnight in Paris, Dec. 31. Cost is \$209. Cost for two overnights, departing Dec. 30, is \$279.

■ Celebrate New Year's Eve overnight in Berlin, Dec. 30. Cost is \$189.

■ Celebrate New Year's Eve overnight in Prague, Dec. 30. Cost is \$179.

AF chief of health: waist size reflects whole health

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — The waist-measurement portion of the Air Force's new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations.

"The waist measurement is used to determine visceral or intra-abdominal fat," said Maj. Lisa Schmidt. Air Force officials chose this measurement because there is ample evidence that links an increase in visceral fat with an increase in risk for disease.

"When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing," Maj. Schmidt said. "With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer."

Agencies like the American Medical Association and the National Institute of Health have produced such studies, Maj. Schmidt said.

Individuals can perform the measurement on themselves by using a tape measure, she said. The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor. The measurement is taken the same way for both males and females.

Air Force officials use two tables for measuring waists, one for males and one for females, Maj. Schmidt said. There are no variations in regards to height or age.

"The risk for disease is independent of your height," Maj. Schmidt said. "Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for disease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements."

Additionally, unlike other body parts, the size of the waist does not grow proportionally with height, Maj. Schmidt said.

"As you get taller, it isn't as if you grow out as well," Maj. Schmidt said. "It is not proportional growth. The area you are measuring does not include any bone."

While there is no variance allowed for height when it comes to waist measurements, it is important to consider the fitness evaluation as a whole in regards to the total-fitness score, Maj. Schmidt said.

"When you look at the fitness score, it is a composite score," Maj. Schmidt said. "If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and more pushups to get the same composite score as the 50-year-old."

For airmen who have measured their waists and determined they are not within an acceptable range, there is hope, she said. Visceral fat is generally the first to go when people begin an exercise program. While it may take several months of running, crunches and weight lifting to knock an inch or two off the waist circumference, that effort pays off in more than just the one or two points gained on the waist-measurement portion of



Master Sgt. Jim Varhegyi

One of the new three-pronged fitness standards being adopted by the Air Force is the waist measure. Taken with a tape wrapped around the abdomen and placed midway between the bottom rib and top of the pelvic bone, the waist measure serves as a total-health gauge. The primary indicator being measured is visceral or intra-abdominal fat. The waist measure is independent of age or height.

the evaluation, Maj. Schmidt said.

"A lot of airmen will look at the chart and say it is difficult to lose an inch in abdominal circumference, and that they only get a point for it," Maj. Schmidt said. "But if you are engaged in some kind of program to lose that inch and to gain that point, some aerobic and fitness program, then in the process of gaining that extra point for waist measure you will improve your performance on the running and strength portions. They are all inter-related. This is about total health."

Airmen who look at the chart for the first time become fixated on the top numbers for their age group — those numbers needed to score a perfect 100 on the evaluation, Maj. Schmidt said. She said airmen should concentrate instead on getting a "good" or "excellent" fitness score.

The expectation is not for most airmen to achieve a perfect score. The expectation is for everyone to participate in a regular fitness program, which will result in improvements in overall fitness, she said.

Sports Shorts

Submit "Sports Shorts" advertisements 10 days
before the desired publication date to publicity@spangdahlem.af.mil.

'Golf Factor'

Inspired by the popular television series, "Fear Factor," this four-part challenge is a part of Combat CHEER and offers cash prizes for various physical challenges. First place wins \$100, second place wins \$50 and third place wins \$25. Challenges are:

- Santa Sack Race (race in a potato sack wearing Santa hat)
- Mystery egg nog gulp
- Yule log stack
- Present deposit (must place 10 packages in 10 different locations in three minutes or less.

For more information call Phil Stein at 452-6821 or e-mail philip.stein@spangdahlem.af.mil.

Jingle Bell 5k Fun Run

A holiday fun run takes place Dec. 19 at 11 a.m. at the Spangdahlem fitness center. Kids are welcome and candy canes will be given out. For more information call Ann Mitchell at 452-6496 or e-mail ann.Mitchell@spangdahlem.af.mil.

Iron Flight competition

The competition focuses on the Air Force's new fitness standards: one minute each of push-ups and sit-ups, a one-and-one-half mile run and waist circumference.

Scoring is based on individual scores taken from each event. Flight teams must include ten participants consisting of five males and five females from each squadron. There is no entry fee. Call Ann Mitchell at 452-6496 or e-mail

ann.Mitchell@spangdahlem.af.mil for details.

Rugby players wanted

The Spangdahlem-Trier rugby team seeks players for both the mens' and ladies' team.

No experience is necessary. For more information call Rob at 452-5654 or e-mail 52svs.rugby@spangdahlem.af.mil.

Youth basketball registration

Youth basketball season practice begins Wednesday through Dec. 19 and practice resumes Jan. 5-9. Teams are broken down into age categories 5-6, 7-8, 9-10, 11-12 and 13-15. Register at the youth programs center, building 427 or call youth sports director Randall Greenfield at 452-7546 for more information.

HAWC happenings

The following events take place at the health and wellness center in building 130. Call 452-9355 for details.

■ Thursday, cooking demonstration, 11 a.m. to 1 p.m.

■ Dec. 22, Hyper Tension, 9 a.m., cholesterol management, 2 p.m.

■ Dec. 23, commissary tour, 10 a.m.

■ Dec. 29, sports nutrition, 2 p.m.

Spin-a-thon

This intense challenge is a three-hour ride instructed by six different certified instructors. It is limited to 15 seats. For more information, call Ann Mitchell at 452-6496 or e-mail ann.Mitchell@spangdahlem.af.mil.

